



Ô la forme - Détox (Ô Délices) (French Edition)

Marie-Laure Tombini

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Entre deux excès, pour nettoyer son organisme fatigué mais également pour faire face aux agressions extérieures, le besoin d'adopter une alimentation plus saine se fait sentir. Le principe de l'alimentation « détox » consiste à débarrasser le corps de ses toxines accentuées par les attaques de la vie quotidienne (pollutions, tabac...).

Vous trouverez dans ce livre de Marie-Laure Tombini 15 recettes de petits plats 100 % détox qui font la part belle aux antioxydants dont l'utilité dans la prévention de certaines maladies n'est plus à démontrer.

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